

### Acidity (pH scale) of Common Drinks

The pH scale measures the acidity of a solution. The lower the pH, the stronger the acid.  
 The stronger the acid, the more damage that is done to your child's teeth.  
 Therefore, the drinks are listed from best to worst.

<u>Drink Name</u>	<u>pH</u>	<u>Sugar Content</u>
Unsweetened Tea	7.2	0
Water	7.0 (neutral)	0
Milk (2% of skim)	6.8	3.5
Instant Coffee (black)	5.5	0
Root Beer	4.6	10.7
Diet Root Beer	4.6	0
Tomato Juice	4.5	4.2
7-Up/Sprite	3.7	9
Juicy Juice	3.5	4.6
Apple Juice	3.4	4.8
Diet Cola	3.4	0
Orange Juice	3.3	6.3
Minute Maid	3.2	11.9
Mountain Dew	3.2	46
Snapple	3.2	7.6
Propel	3.2	0.4
V-8	3.1	5.5
Sierra Mist	3	5
Kool-Aid Jammers	3	5.1
Gatorade	2.9	21
Dr. Pepper	2.9	40.5
Hawaiian Punch	2.8	10.2
Powerade	2.7	15
Hi-C	2.7	5.5
Coke	2.5	27
Country Time Lemonade	2.5	5.4
Pepsi	2.4	27
Sunny Delight	2.4	6.3
Battery Acid*	1	

\*The Kids' Dentist does not recommend drinking battery acid, this is just for comparison!

